HEALTH FIT
POWERED BY SARASOTA MEMORIAL

Register for classes using our app
● Mind Body ● Low Intensity ● Cardiovascular
●Strength/Resistance ● Specialty Program
***New/Changed Class**

Nov '26
GROUP EX SCHEDULE

Monday

Time	Class	Instructor	Studio
6am	Bar & Burn	Flora K.	Court●
8am	Balance &Stretch	Rachael B.	Court●
9am	Spin	Pam Y.	Spin●
10am	Aqua Challenge	Mel B.	Lg Pool●
10am	Strength & Cardio	Rachael B.	Court●
11am	Slow Flow Yoga	Deb T.	Studio●●
12pm	FUNctional Fitness	Barrie L.	Studio●●
2:30pm	Oncology Yoga***	Suchi B.	Studio●
4:30pm	Peri-natal Yoga	Suchi B.	Studio●
5pm	Rhythm Ride	Mel B.	Spin●
6pm	Aqua Pilates	Carolyn B.	Sm Pool●

Tuesday

Time	Class	Instructor	Studio
6am	Morning Crunch	Flora K.	Court●
9am	Chair Yoga	Robbi W.	Studio●●
9am	Spin	Flora K.	Spin●
10am	Aqua Challenge	Carolyn B.	Lg Pool●
10am	Total Body Tone	Flora K.	Court●
10am	Qi Gong	Robbi W.	Studio●●
11am	Therapeutic Splash	Robbi W.	Sm Pool●
11am	Oncology Recovery	Flora K.	Studio●
1:30pm	Whopping Movers	Barrie L.	Studio●
4pm	Body Barre	Andrea G.	Studio●
5pm	Bike, Burn & Breathe	Andrea G.	Spin●
5pm	Fundamental Yoga	Leslie L.	Studio●●
6pm	Aqua HIIT	Carolyn B.	Lg Pool●

Wednesday

Time	Class	Instructor	Studio
6am	Spin	Sue M.	Spin●
8am	BodyFit	Mel B.	Court●
9am	Spin	Pam Y.	Spin●
9am	TRX	Mel B.	Court●
10am	Aqua Challenge	Pam Y.	Lg Pool●
10am	Oncology Recovery	Flora K.	Studio●
11am	Therapeutic Yoga	Robbi W.	Studio●
12pm	FUNctional Fitness	Robbi W.	Studio●●
4pm	Gentle Yoga	Lynn A.	Studio●●
4pm	HIIT & Core	Mel B.	Court●●
5:30pm	PowerPlex	Mark M.	Court●
6:30pm	Spin	Mark M.	Spin●

HealthFit Hours
Monday – Thursday: 5am – 9pm
Friday: 5am – 8pm
Saturday & Sunday: 7am – 5pm

Thanksgiving Day Hours: 5am – 12pm

Thursday

Time	Class	Instructor	Studio
6am	Morning Crunch	Flora K.	Court●●
8am	Body Barre	Andrea G	Studio●
9am	Chair Yoga	Robbi W.	Studio●●
9am	Spin	Flora K.	Spin●
9am	Zumba	Shalaine M.	Court●
10am	Aqua Challenge	Shalaine M.	Lg. Pool●
10am	Proactive Aging	Lynn A.	Studio●●
10am	Total Body Tone	Flora K.	Court●
11am	Therapeutic Splash	Shalaine M.	Sm Pool●
1:30pm	Whopping Movers	Barrie L.	Studio●
4:30pm	Peri-natal Yoga	Suchi B.	Studio●
5pm	Cardio Strength	Mel B.	Court●
6pm	Aqua Pilates	Carolyn B.	Sm Pool●

Friday

Time	Class	Instructor	Studio
8am	Balance, Flow & Core	Deniese K.	Court●
8am	Spin	Pam Y.	Spin●
9am	Slow Flow	Lynn A.	Studio
9am	Ageless Athletes	Pam Y.	Court ●●
10am	Step & Strength	Beth S.	Court●●
10am	Aqua Challenge	Mel B.	Lg Pool●
11am	Ground Control	Deb T.	Studio●●

Saturday

Time	Class	Instructor	Studio
9am	HIIT & Core	Haley C.	Court●●
9am	Spin	Rotation	Spin●
9am	Peri-Natal Yoga***	Suchi B.	Studio●
10am	Yoga	Lynn A.	Studio●
10am	Aqua Challenge	Rotation	Lg Pool●
11am	Oncology Qi Gong	Daniele N.	Studio●

PILATES GROUP CLASSES (Continues on back side)
(fee and sign up required)

Day	Time	Class	Instructor
Monday	9am	Level 1	Catrina L.
Monday	10am	Level 2	Deniese K.
Monday	5pm	Level 2	JoAnn H.
Monday	6pm	Level 1	JoAnn H.
Tuesday	9am	Level 2	Susan D.
Tuesday	10am	Level 1	Susan D.
Wednesday	9am	Mat	Beth S.
Wednesday	10am	Level 2	Beth S.
Wednesday	11am	Level 1	Beth S.
Wednesday	4pm	Level 2	JoAnn H.
Wednesday	6pm	Level 1	JoAnn H.

PILATES GROUP CLASSES (Continued from front)
(fee and sign up required)

Day	Time	Class	Instructor
Thursday	10am	Level 2	Susan D.
Thursday	11am	Level 1	Susan D.
Thursday	4pm	Reformer/Chair/Mat	Susan D.
Friday	9am	Level 1	Deniese K.
Saturday	9am	Level 1	JoAnn H.
Saturday	10am	Level 2	JoAnn H.

Clinical Programs

(Fee based) (Registration required)

Bone Builders: (MWF) 8am, 9am, 10am, 11am, 2:30pm

Cardiac Phase III Healthy Hearts: (MWF)12pm

Fitness Forward: (MWF) 1:30pm

BEST Fall Prevention: (MWF) 10am

Fit4Recovery (WF) 10am

Thrive Oncology (Registration required)

Monday
Oncology Yoga: 2:30pm-3:30pm

Tuesday
Oncology Recovery: 11am-12pm

Wednesday
Oncology Recovery: 10am-11am

Saturday
Oncology Qi Gong: 11am – 12pm

Parkinsons Group Exercise Classes

Rock Steady Boxing: (MWF) 11am-12pm & 1pm-2pm

PWR! Gym: (MWF) 12pm - 1pm

PD Cycle: (Tue & Thursday) 1pm - 2pm

Group Meetings

Parkinson's Support Group
9:45am – 10:45am (Ste 101, Clark Rd)
1st Wednesday of month

Parkinson's Wellness Club
1pm – 2pm (Ste 101, Clark Rd)
4th Friday of month

Stroke Wellness Group
1:30pm – 2:30pm (Ste 101, Clark Rd)
2nd Wednesday of month

Stroke Social
12:00pm - 1:00pm (Ste 101, Clark Rd)
3rd Monday of the Month

Pickleball

Tuesday and Thursday:
1:30pm – 3:30pm (registration required)
3:30pm-5:30pm (registration required)
5:30pm-8:30pm (open play)

Saturday
10am-2pm (registration required)

Open Badminton

Wednesday: 5:30pm – 8:30pm
Friday: 4:30pm – 7:30pm
Sunday: 11:30am – 3:30pm

Open Basketball

Monday: 6:45pm – 8:45pm
Saturday: 2pm – 4:30pm
Sunday: 3:30pm – 4:45pm

Swim SRQ Kids Schedule

Mon and Wed 3pm — 7pm: 2 lanes in lap pool
Mon 4pm – 6pm: ½ of the therapy pool
Wed 3:40pm – 6:30pm: ½ of the therapy pool

Thurs 3:30pm – 6:30pm: 2 lanes in lap pool
Thurs 3:30pm – 6pm: ½ of the therapy pool

Sun 9:00am – 1:00pm: 2 lanes in lap pool
Sun 9am – 12pm: ½ of the therapy pool

Monthly Education Series

TITLE: "Healthy Aging: A Holistic Approach"
PRESENTER: Lynn Anderson, OTR/L
DATE: Monday November 2nd, 2026
TIME: 1 PM – 2 PM

TITLE: "Built for Your Quality of Life: Are You Setting Yourself Up for Failure?"
PRESENTER: Douglas Sham, M.Ed., MFAF
DATE: Monday December 7, 2026
TIME: 1 PM – 2 PM

****SEATS ARE LIMITED!** Register at the Front Desk**

Events

Mingle With Management: 11/6/26 |8:30a – 10a| Lobby

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